

WHAT IS CLAIMED IS:

1. A method for treating dyslipidemia comprising administering to an individual in need thereof an effective dose of a chromium complex and biotin.
2. The method of Claim 1, wherein the effective dose of chromium complex is between about 25 and 2,000 micrograms per day.
3. The method of Claim 1, wherein the effective dose of chromium complex is between about 300 and 1,000 micrograms per day.
4. The method of Claim 1, wherein the effective dose of biotin is between about 25 µg and 20 mg per day.
5. The method of Claim 1, wherein the effective dose of biotin is between about 150 µg and 5 mg.
6. The method of Claim 1, wherein said dyslipidemia is caused by elevated levels of LDL cholesterol in the blood.
7. The method of Claim 1, wherein said dyslipidemia is caused by low levels of HDL cholesterol in the blood.
8. The method of Claim 1, wherein said dyslipidemia is caused by elevated levels of triglyceride in the blood.
9. The method of Claim 1, wherein said chromium complex is selected from the group consisting of chromium picolinate, chromic tripicolinate, chromium nicotinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts.
10. The method of Claim 1, wherein said chromium complex is in a pharmaceutically acceptable carrier.
11. The method of Claim 1, wherein said biotin is in a pharmaceutically acceptable carrier.
12. The method of Claim 1, wherein said chromium complex is orally administered.
13. The method of Claim 1, wherein said biotin is orally administered.
14. The method of Claim 1, wherein said chromium complex is parenterally administered.
15. The method of Claim 1, wherein said biotin is parenterally administered.

16. The method of Claim 1, further comprising administering picolinic acid.  
17. The method of Claim 1, further comprising administering nicotinic acid.  
18. The method of Claim 16, further comprising administering nicotinic acid.  
19. The method of Claim 1, wherein said chromium complex and said biotin are administered simultaneously.

20. The method of Claim 1, wherein said biotin is administered within 24 hours of said chromium complex.

21. A composition consisting essentially of a chromium complex and biotin, wherein the ratio of chromium complex to biotin is from about 1:1,000 to about 100:1 (w/w).

22. The composition of Claim 21, wherein said chromium complex is selected from the group consisting of chromium picolinate, chromic tripicolinate, chromium nicotinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts.

23. A method of reducing the glycemic index of food comprising administering to said food an effective amount of a chromium complex and biotin.

24. The method of Claim 23, wherein said chromium complex is selected from the group consisting of chromium picolinate, chromic tripicolinate, chromium nicotinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts.

25. The method of Claim 23, wherein between about 50  $\mu$ g and 750  $\mu$ g of said chromium complex is administered to the food.

26. The method of Claim 23, wherein between about 50  $\mu$ g and 1 g of biotin are administered to the food.

27. The method of Claim 23, wherein said chromium complex and said biotin are administered simultaneously.

28. The method of Claim 23, wherein said chromium complex is added within one hour of said biotin complex.

29. The method of Claim 23, wherein said chromium complex and said biotin are administered as a powder, liquid, oil suspension, granule, emulsion, syrup, elixir, or beverage.

30. A food having a reduced glycemic index prepared by the method of Claim 23.

31. A method for lowering post prandial hyperglycemia comprising administering to a subject in need thereof an effective amount of a chromium complex and biotin.

32. The method of Claim 31, wherein said chromium complex is selected from the group consisting of chromium picolinate, chromic tripicolinate, chromium nicotinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts.

33. The method of Claim 31, wherein said subject is administered between about 25 and 2,000 micrograms per day of a chromium complex and between about 25  $\mu$ g and 20 mg per day of biotin.

34. The method of Claim 31, comprising administering between about 300 and 1,000 micrograms per day of a chromium complex.

35. The method of Claim 31, comprising administering between about 150  $\mu$ g and 5 mg biotin per day.

36. The method of Claim 31, wherein said chromium complex and said biotin are administered simultaneously.

37. The method of Claim 31, wherein said biotin is administered within 24 hours of said chromium complex.